



Prescribed for Progress™

SCHOOLS

From Innovative PE programs to outfitting your campus fitness center, SCIFIT has the solution for your school. To help battle against obesity, SCIFIT is making it fun and easy for students to get active and stay active. SCIFIT products are easily accessible and easy to use, allowing students of all abilities to benefit from exercise. Our programs can help increase participation and help instructors track progress. Adding SCIFIT to your campus fitness center allows you to serve a more diverse student population. Our equipment is made for students of all levels and abilities. Durable and reliable SCIFIT equipment is ideal for the demanding student/athlete environment.

Preferred Products for Schools

- PRO1 Sport Standing Upper Body Exerciser
- PRO1000 Sport Upper Body Exerciser
- ISO7000R Bi-directional Recumbent Bike
- ISO7000 Bi-directional Upright Bike
- AC5000 Treadmill
- PRO2® Sport Total Body Exerciser
- REX™ Total Body Recumbent Elliptical
- SXT7000e2 Total Body Elliptical





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For Everyone

Students of every fitness level can feel comfortable on SCIFIT equipment. Each student goes at his or her own pace. There is no intimidation or embarrassment. We offer the broadest user height range and workload range in the industry to accommodate students from elementary through college.

Increase Participation

The exciting programs keep students and faculty engaged. The extensive variety of upper body exercisers and wheelchair accessible products allow students and faculty with lower body injuries to stay active, too.

Strength Program

SCIFIT's unique functional and safe strength program (Iso-Strength) features an isokinetic component that provides accommodating resistance, which matches the user's effort. For maximum resistance, attempt to pedal faster than the RPM setting. The machine will not allow you to pedal any faster. So, the harder you try, the more resistance is generated. Iso-Strength complements well with traditional weight training programs.

Fitness Tests

SCIFIT's exclusive Heart-Fit™ and Power-Fit™ programs provide the ability to do benchmark assessments, to follow with the built-in training, and then test again to show improvement. These are great tools for documenting students' progress.

Smooth Traffic Flow

Fit-Quik® is a fun, fast and challenging workout for students. It takes the students through cardio and safe strength segments. Fit-Quik takes the guesswork out of setting up a circuit and provides the class with smooth traffic flow and constant variety. It is user friendly and easy to understand, students just follow the instructions on the screen. Do Fit-Quik on a single product or on a combination of SCIFIT products as a circuit. The circuit is great in a classroom or in small group exercise sessions, providing smooth traffic flow and variety.

Documentation

Documentation possibilities are endless with SCIFIT equipment. Workout results can simply be saved to a USB flash drive during the activity session cool down. Using the Fit-Key software, custom workouts are developed and recorded. One session or a series of sessions can be charted on an individual basis.

